**Year 5 personal survival Challenge**

The following list of tasks has been designed to run as one continuous challenge. Once the pupils have started they should aim to successfully complete as many challenges as possible within the time constraints available i.e. the lesson.

1. Enter deep water from the side of the pool by sliding in from a sitting position.
2. Tread water for 2 minutes
3. Swim 25m using your favourite stroke and swim back to the deep water using a method of propulsion that is very energy efficient.
4. Maintain the H.E.L.P. position for 5 minutes.
5. Swim 50 meters whilst holding a floating object.
6. Climb out of the deep water without using the steps and without having assistance for another person.
7. Answer 3 questions on personal survival.

Completed By \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

**Year 6 Life Saving Skills**

The following list of tasks has been designed to run as one continuous challenge. Once the pupils have started they should aim to successfully complete as many challenges as possible within the time constraints available i.e. the lesson.

1. Perform a straddle entry jump into the water successfully.
2. Perform a 400m swim within 12 minutes using any of the life saving strokes.
3. Tread water for 10 minutes in a vertical position. Your head should not enter the water.
4. Hold your breath under water for 30 seconds.
5. Perform 3 of the following 4 life saving stoke techniques –
   * 25 m of front crawl
   * 25m o breast stroke
   * 25m sidestroke
   * 25 m life saving back stroke
6. Carry out a surface dive to retrieve an object for the bottom of the pool.
7. Complete a dry rescue for the side of the pool using any appropriate rescue aid to help you.
8. Finally, rescue a person from the pool by toeing them with the use of an appropriate object.

Completed By \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_